

Thank you for your interest in the O.Henry Track Team!

We are excited to be your Track coaches this year! If you haven't yet, please complete [this Google Form \(https://bit.ly/ohmstrack\)](https://bit.ly/ohmstrack) to let us know your interest in this year's track season and to be added to our contact list.

7th and 8th Grade Coaches:

Payton McIntyre: AM Sprints, Distance, Hurdles

Patrick McNally: AM Sprints, Distance

Blake Miller: PM Jumps - Long, Triple, and High

Scott Gray: PM Sprints, Relays, Shot/Discus

Macie Cohen: PM Sprints, Relays, Shot/Discus

This year, both 7th and 8th graders will be practicing together.

Coach McIntyre and Coach McNally will coach morning practices and Coach Cohen, Coach Gray, and Coach Miller will coach afternoon practices. At meets and events, the five of us work together to coach every athlete. *At this time, we do not have a track meet schedule. District officials are still finalizing the schedule for the season, and we will make it available as soon as possible.* We have been told that our first meet will likely be the last week of March and that meets will mostly be held on Thursday evenings. While we work hard to make sure that all athletes get opportunities to explore new events at our practice meets, the coaches will put forth the best possible team at the Zone Championship meet.

Below are a few expectations specific to track this season:

- Athletes **MUST** participate in at least 2 practices per week to compete in a meet.
- Athletes must attend at least 2 practice meets to be considered for the Zone Championship meet.
- **Students will provide their own transportation to and from all track meets; buses will not be provided.** Speak to the coaches if you are having trouble finding transportation.
- If students get scheduled for an event at a meet and fail to attend the meet or fail to stay until their event, the student will not be scheduled to compete in the next meet.
 - Coaches complete rosters at least a week before each meet. **Advanced notice for meet attendance is required for all athletes.**
- Athletes will communicate with their coaches about practice/meet conflicts ahead of time.
- Athletes will do the prescribed workout unless the athlete brings a note from home or a doctor.

These expectations help us coach, monitor, and supervise the athletic instruction of all members of the team.

Please email the coaches if you have any questions regarding the season or if you are interested in being a Team Parent (someone who helps the coaches with communication and coordination of track events).

Go Mustangs!

Coach Cohen, Coach Gray, Coach Miller, Coach McIntyre, and Coach McNally

macie.cohen@austinisd.org

scott.gray@austinisd.org

blake.miller@austinisd.org

payton.n.mcintyre@austinisd.org

chris.rueter@austinisd.org

Practice Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 7 - 8		Sprints Distance Hurdles	Sprints Distance Hurdles	Meet Prep	Shake out run
PM 4 - 5:15	Sprints Relays Field Events	Sprints Relays Field Events	Sprints Relays Field Events	Meet Day	

Middle School Track Events:

Running Events	Relays	Hurdle Events	Field Events
<ul style="list-style-type: none"> ● 100 meter ● 200 meter ● 400 meter ● 800 meter ● 1600 meter 	<ul style="list-style-type: none"> ● 400 M (4x100) ● 800 M (4x200) ● 1600M (4x400) 	<ul style="list-style-type: none"> ● 100 m (girls) ● 110 m (boys) ● 300 m (both) 	<ul style="list-style-type: none"> ● Shot Put ● Discus ● Long Jump ● Triple Jump ● High Jump

Team Communication App:

SportsYou: This is how your coaches will communicate practice schedules, meet details, rain checks, last minute changes, etc.

Please join!

Team Access Code: YT5LXWUA

See the instructions below on how to join.

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**

READ, SIGN, AND BRING THIS PAGE BACK TO YOUR COACHES!

YOU CAN BRING THIS FORM TO ANY OF YOUR COACHES, TO THE FRONT OFFICE, OR TO YOUR FIRST TRACK PRACTICE.

O.Henry Middle School Athletic Contract 2023

1. I will respect and abide by all school rules, regulations, and policies.
2. I will respect the dignity of all persons; therefore, I will not physically, mentally, or psychologically bully any person.
3. I will neither use nor support the use of illegal drugs, alcohol, or smoking of any substance.
4. I will be in school on time every morning and I know I must be at practice on time to be eligible to practice or participate in an upcoming game.
5. I will exhibit good sportsmanship on and off the field of play.
6. I will comply with instructions from all coaches and teachers immediately.
7. I will have a physical on file before trying out for the team.
8. I will respect the property of others.
9. I will use language that is socially acceptable. Profanity, vulgar talk and obscene gestures will not be tolerated.
10. I will cooperate with teammates, coaches, and officials.
11. I will be on time for practice and team scheduled events.
12. I will strive for academic excellence and therefore; I will do my homework, go for extra help when needed, and do whatever it takes to strengthen my middle school experience.
13. I will be responsible for the uniform that has been checked out to me. If I lose the uniform, I will pay for it.
14. I will bring a signed teacher note with the time on it, if I go to tutorials during practice.

Consequences:

Strike 1- Earned if a student breaks one of the team rules. The coaches and the athlete will have a conference and guardians will be notified. This may result in the loss of competition time.

Strike 2- Earned if a student breaks a rule a second time. The coaches and athlete will have a conference and guardians will be notified. This will result in the athlete missing 1 meet.

Strike 3- If an athlete receives a 3rd strike he or she will be asked to turn in their uniform and be removed from the team.

***Any serious infractions** will result in automatic removal from the team.

I, _____ have read and understand this athletic contract. I know if any rules are broken; the coach has the right to take appropriate actions including the possibility of suspending me from the team for as long as he/she feels necessary.

_____ (Student Signature) _____ (Date)

As a guardian of a _____, I have read and understand the above policies. I approve of these policies and will help my student maintain these standards.

_____ (Guardian Signature) _____ (Date)
_____ (Guardian Email) _____ (Phone #)

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